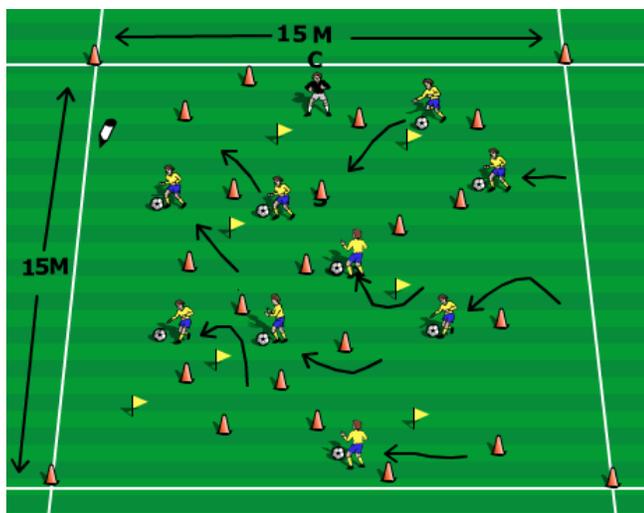


## Fundamental Stage - Week 9



### Focus - Ball Literacy Name of Game: Obstacle Course

#### Organization

Set up a 15m x 15m grid. Scatter cones around grid as obstacles. Other items such as rings, hurdles or larger cones can be used as different challenges. Ask players to dribble around trying to avoid the obstacles. As they become comfortable with it increase the speed.

#### Alternatives

Ask the players to make circles around the cones. Give them a time limit (e.g. 30 seconds) to see how many circles they can achieve. Vary it by asking them to use inside of foot, outside of foot, non-preferred foot.

### Emphasis

- Ball literacy
- Dribbling
- Having Fun!



### Focus – Ball Literacy Name of Game – Four houses game

#### Organization

Set up 4 outer houses and central with in the middle with all the balls, as shown. Split the team into 4 groups. Have 1 player from each house leave and retrieve one ball at a time from the middle and dribble it back to their house. The next player can then leave to do the same. Continue until all the balls from the middle have been retrieved. Count the balls to see which house collected the most.

#### Alternatives

- Start by using hands to bring the balls back.
- Dribble ball back using both feet, left and right only.
- Allow for players to take balls from other houses as well as the middle.

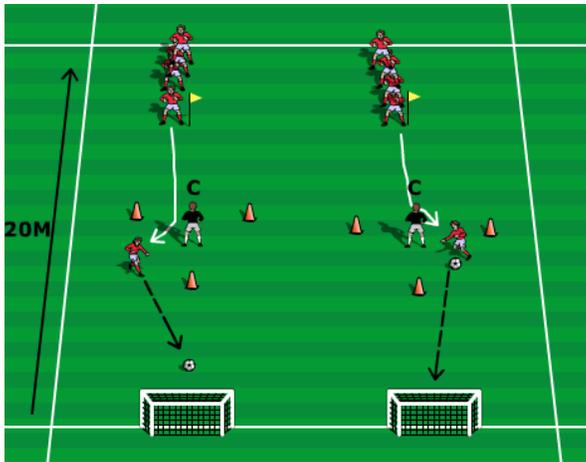
### Emphasis

- Listening
- Physical/Ball Literacy
- Having Fun



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**Focus – Ball Literacy**  
**Activity Name: Shoot and score**

**Organization**

Separate team into 2 (or more if possible) as shown. Set up a triangle. The coach stands in the centre of the triangle.

7. Player throws ball to the coach. Coach places ball to his left or right. Player strikes the ball into the empty goal.
8. Coach now places ball in front. Player takes a touch past the coach with the outside of foot passed the coach and strikes the ball into the empty net.
9. Player dribbles towards the coach and takes the touch past the coach and plays into the empty net.

**Emphasis**

- Dribbling
- Preparation touch
- Shooting Technique
- Goal Celebrations!



**Focus: Small Sided Game**  
**Activity Name: 3 v 3 game**

**Introduction**

Divide players into two teams. Put the teams in two different pinnis. Players play in a regular 3 v 3 game. Coach can have two games going at the same time, or have one game with subs dependant on numbers. Coach plays the ball in when the ball goes out of play.

**Variations**

- 1 Kick in at the point when the ball goes out
- 2 Add goalkeepers

**Emphasis**

- Direction
- Let the players play
- Basic Shape/Support
- Shooting/finishing

